



## *Stewardship of Prayer 2018*

***What is prayer?*** Prayer is the lifting up of our hearts and minds to God. Prayer is how we get to know God. It is how we talk to and listen to God. Prayer is about relationship. It is unique for each one of us, yet it is up to each of us to make sure the relationship exists. Prayer is a gift of time. After we begin to pray on a regular basis we can see how God has entered our lives in tangible ways, meeting our needs when we least expect it.

***How do I begin?*** Start each day with prayer. Acknowledge that you are open to God's plan for your life for this one day and in so doing, turn your entire day into one long prayer. Every thought, every worry, every smile of thanksgiving becomes communion with the One who loves you. Every thought, every great idea, every brainstorm, is the voice of God speaking through your life, if only we take the time to listen.

In the Lord's Prayer, we say "Give us this day our daily bread." Know that God will give you today everything you need to get through the day. Opening yourself to His plan helps you deal with the tough stuff, as well as develop gratitude for His blessings.

After we start praying on our own, we must also pray in community. This includes, first and foremost, praying together at Mass. The Eucharist feeds our prayer life. As a praying community, we should also open ourselves to all the opportunities God gives us to pray. Here at St. Paul Parish, we open meetings with prayer and have the opportunity to pray before the Blessed Sacrament in adoration. Also, we offer Holy Hours for youth and adults, special times to pray the Rosary, small group studies and adult education. These and other opportunities for prayer help us grow as disciples of Christ and build a strong stewardship community.

This season of Lent, open yourself to God's love for you. Take the time to speak and listen to Him each day. Here are some ideas for praying these 40 days of Lent:

*Attend a weekday Mass*

*Read scripture daily*

*Read a devotional, such as Living Faith or Joyful Steps*

*Spend time in prayer in our Adoration Chapel*

*Pray the Rosary*

*Attend Stations of the Cross on Fridays at 7 pm*

*Attend Evening Prayer on Wednesdays at 7 pm*

*Participate in Dynamic Catholic's Best Lent Ever email program*

*Join the parish "Prayer Chain" to pray for others*

*Use a Catholic app for prayers*

*Listen to and reflect on Christian songs*

Prayerful Lent!

*St. Paul Stewardship Ministry Team*



## Stewardship of Prayer

Throughout this week, please review these opportunities for Prayer, Fasting and Almsgiving and reflect on what you will offer to the Lord this Lent.

Next weekend at Mass, we will receive and complete our individual Lenten Commitment cards and place them at the altar.

### Stewardship of Prayer ~ Adults

As a disciple of Christ, this Lent I will...

#### Pray

- Attend a weekday Mass
- Pray for someone I know who is struggling physically, spiritually, or emotionally
- Pray for marriages to be strengthened by Christ
- Pray to become more reliant on the Holy Spirit
- Read the Bible, *Joyful Steps*, or *Best Lent Ever*
- Attend the parish Lenten Retreat
- Reflect at Evening Prayer, Wednesdays @ 7 pm
- Pray the Stations of the Cross, Fridays @ 7 pm
- Spend time with the Lord in the Adoration Chapel
- Seek His mercy in the Sacrament of Reconciliation
- Other \_\_\_\_\_

#### Fast

- Fast from gossip, complaining and negativity
- Fast from TV, social media or the internet
- Fast from buying unnecessary consumer items
- Fast for someone in need of healing
- Fast for the intention of the sanctity of Life
- Fast on bread and water on Fridays
- Other \_\_\_\_\_

#### Give

- Reconnect with a friend or family member
- Visit someone who is homebound
- Use my talents to help someone in need
- Forgive someone
- Prayerfully consider how to share my financial blessings with others
- Volunteer my time at a local charity
- Other \_\_\_\_\_

### Stewardship of Prayer ~ Teens

As a disciple of Christ, this Lent I will...

#### Pray

- Attend the After the 5 Youth Group
- Read Scripture or a devotional daily
- Pray for my family, friends and classmates
- Attend Stations of the Cross, Fridays at 7 pm
- Spend time in prayer in the Adoration Chapel
- Other \_\_\_\_\_

#### Fast

- Fast from gossip and spreading rumors
- Fast from bullying or ignoring bullying
- Fast from social media and electronics
- Fast from one of my favorite activities
- Fast for a special intention
- Other \_\_\_\_\_

#### Give

- Reconnect with a friend
- Visit the homebound
- Seek His mercy in the Sacrament of Reconciliation
- Forgive someone
- Donate to CRS Rice Bowl or a local charity
- Other \_\_\_\_\_

### Stewardship of Prayer ~ Children

As a child of God, this Lent I will...

#### Pray

- Talk with God each day
- Sing at Mass
- Pray for others, even those I may not like
- Go to Confession
- Other \_\_\_\_\_

#### Fast

- When sharing a treat, give the larger portion
- Give up watching TV or playing video games
- Give up arguing with my family and siblings
- Other \_\_\_\_\_

#### Give

- Help my family
- Be kind to a friend or classmate who is sad
- Earn money to give to a Charity
- Other \_\_\_\_\_

*"For God so loved the world that he gave his only Son..."*

John 3:16



Ash Wednesday, February 14